



Bring Water

Wear Comfortable Clothes & Shoes

All Employees and Levels Welcome

November

2016

Prana Yinyasa Flow Yoga

Rhythmic vinyasa class with hand mudra, movement meditation, pranayama, kriyas, asanas and often chanting. Bring a mat or

Yoga

Yoga poses and breath work to align and calm your body, mind and spirit. Bring mat or towel.

Zumba

A total body workout combining elements of dance and cardio to Latin and World rhythms.

PiYo

Fun, challenging class fusing Pilates and yoga. Bring mat or towel.

Cardio Strength Training

Cardio and body weight exercise designed to tone upper & lower body. Bring mat or towel.

Monday	Tuesday	Wednesday	Thursday	Friday
Times of all classes: 12:10pm - 12:50pm Fitness Class Punch Card* – 4 classes \$10 or 10 classes \$20 , drop-in rate \$3 per class (can purchase punch card and pay for drop-in class with instructor, cash only, exact change).				
	1	2	3	4
	Zumba Teacher: Andrea Salcido Admin West 5th floor open area 150 W. Congress Meditation (FREE) Main Library 1 st FL. Children’s RM	Fitness DVD’s available for use Admin West, 150 W. Congress 5th Floor Open Area Yoga (FREE) Main Library Lower level CR.	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th floor open area 150 W. Congress	Prana Yinyasa Flow Yoga Teacher: April Graves Admin West 5th floor open area 150 W. Congress Power Yoga Public Works 201 N. Stone, B-level CR
7	8	9	10	11
Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th floor open area 150 W. Congress Yoga (FREE) Main Library Lower level CR.	Zumba Teacher: Andrea Salcido Admin West 5th floor open area 150 W. Congress Meditation (FREE) Main Library 1 st FL. Children’s RM	Fitness DVD’s available for use Admin West 5th floor open area 150 W. Congress Yoga (FREE) Main Library Lower level CR.	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th floor open area 150 W. Congress	Veteran’s Day No classes
14	15	16	17	18
Cardio Strength Training Teacher: Kimi Hernandez Admin West, 150 W. Congress Yoga (FREE) Main Library Lower level CR.	Zumba Teacher: Andrea Salcido Admin West, 150 W. Congress Meditation (FREE) Main Library 1 st FL. Children’s RM	Fitness DVD’s available for use Admin West 5th floor open area 150 W. Congress Yoga (FREE) Main Library Lower level Conference RM.	Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th floor open area 150 W. Congress	PiYo Teacher: Carrie Gregory Admin West 5th floor open area 150 W. Congress Power Yoga Public Works 201 N. Stone, B-level CR
21	22	23	24	25
Cardio Strength Training Teacher: Kimi Hernandez Admin West, 150 W. Congress Yoga (FREE) Main Library Lower level Conference RM	Zumba Teacher: Andrea Salcido Admin West, 150 W. Congress Meditation (FREE) Main Library 1 st FL. Children’s RM	Fitness DVD’s available for use Admin West 5th floor open area 150 W. Congress Yoga (FREE) Main Library Lower level Conference RM.	Thanksgiving Holiday No Classes	Thanksgiving Holiday No Classes
28	29	30		
Cardio Strength Training Teacher: Kimi Hernandez Admin West 5th floor open area 150 W. Congress Yoga (FREE) Main Library Lower level Conference RM	Zumba Teacher: Andrea Salcido Admin West 5th floor open area 150 W. Congress Meditation (FREE) Main Library 1 st FL. Children’s RM	Fitness DVD’s available for use Admin West 5th floor open area 150 W. Congress Yoga (FREE) Main Library Lower level Conference RM.		



* Instructor will punch your card so you will always know how many workouts you have left. When you’ve used all the classes on your card please turn it in to the instructor to purchase another one. Participation is on a first-come, first-serve basis. Each fitness class has minimum and maximum participants defined. Program cancelations are determined 5 – 6 days before the session begins. Classes are subject to change based on participation and may be canceled due to low attendance. If a program is canceled, the time slot may be filled with another program. Fitness program participants will be notified via e-mail if a program is canceled, provided a valid e-mail address is on file with WELCOAZ. Punch cards cannot be returned. Punch cards cannot be shared. Punch cards will not be accepted if they are cut or ripped in half. A fee of \$10 will be applied for a lost card. Punch cards expire 6 months from the date of purchase. Some classes are free note class schedule.

